September 2016 protocol

Was diagnosed with GERD

REmaining symptoms - pain flares at night, nausea, upset stomach, fatigue (if I overdo it), occasional sleeplessness, sore bottom of my left foot, legs cramp when I walk up stairs, low energy, stamina

Right now cutting back on supplements and focusing on the GAPS diet - with the idea of figuring out if I have food sensitivities.

Nutrition

Base: no sugar, dairy, gluten, caffiene - organic veggies/fruits

have developed a meat aversion. Tried making bone broth and also grass fed beef, made me want to throw up. Went on artkation did not adhere to this and felt I took a few steps back. Working back towards this because body seemed happiest with this.

Update - adding meat protein, image to cut out sugar from fruits

Stress

Not taking on as much! Haven't had energy anyways. Relationship better. Work stress reduced.

Supplements

Presently switching it up a bit - trying ZHANG protocol for anti-spirochete/bacterial

ZHANG protocol

Arthal EZ - for arthritis type pain (seems to have helped!)

[vitamin c, calcium, manganese, boron, glucosamine sulfate, type II Collagen, chondroitin sulfate herbs: san-qi, gingens, dong-quai root, sichuan easel, rhizome, safflov ⓘ ower, pubescent angelica root, notopteryglum rhizome]

Anti-bacterial

Allicin - 3x a day (finished one bottle - taking a break, back on cats claw - integrating raw garlic instead, cutting up the cloves and dicing the up and swallowing them, cost saving)

HH2 capsule

for bartonella

(naturopath suspected this, tired of sore throat - thought to try this - will test for 1 month)

Switched to bulk herbs, cheaper.

Buhner Protocol (haven't integrated all I would like to - $$$)

Cats Claw - taking a break for a few weeks while trying allicin

Added Cats Claw back in when ran out of Allicin

Japanese Knotwood

eleutheros (for fatigue)

rhodiola (out of it- for fatigue)

greater celandine (for neuro-protection)

liquid melatonin/thc - for sleep (sleeping better, haven't needed it nightly)

also for sleep

tryptophan, valerian

ADDED 2-3 weeks ago

L-Arginine (important to rule out certain viruses first or makes them multiply)

ashwaganda (have cut this out for now, can't find it!)

bidens

ADDED last few days

teasel root

methyl B-12 for a particular gene mutation I have

side acuta - for babesia

serrapeptase - for biofilms

Herxing from this addition (probably should have introduced one herb at a time)

ADDED today

grapefruit seed extract - to break up cysts

on my list to add

cordyceps (I was taking capsules, then bought burner's book and realized in such a small amount ineffective)

side acuta

July 21

Adding anti-fungal Thorne's SF722 formula

other anti-bacterial

mouth swish with coconut oil (anti-bacterial)

occasional rinse with colloidal silver - mouth, nostrils

ADP- oregano oil

supplements

Vitamin C

B-Complex

Biotin (for hair)

Co Enzyme Q10

Milk thistle

Vinpocetine

Calcium/magnesium/zince

vitamin e

vitamin d

glucosamine

great lakes gelatin

Maca boost - ran out, really like this

anti-inflammatory

almonds, arnica under tongue (these two suggested by Orthopedist), white willow bark, add “daily turmeric” to shakes, cherries (suggested by PT)

zyflamend (ran out - not going to add back, too expensive!)

Out of turmeric and anti-inflammatory stuff - continuing with what have - white willow bark

Omega

Evening primrose oil

Fish oil (out presently)

chia seeds, hemp seeds, flax seed in smoothies and on oatmeal

Anti-oxidant

TJ’s super red drink powder, green powder - alternate between the two

HPA axis - homeopathic drops

noticed when added this, ability to handle stress seemed to improve! Ran out

pro-biotic

Detox

July-haven't been detoxing with this, using sauna to sweat.

bentonite - not using as much

apple cider vinegar

epsom salt baths (haven’t had the gnarly pain flares so not taking them any more, also, old bath tub)

dry brushing (not very religiously)

lemon/lime in H20

charcoal tabs

chlorella (also to help with garlic smell)

exercise

cilantro (for heavy metals - ran out)

added sauna in July

Exercise

Exercise

good idea to add this mustard seed

walk office dog 4x a week at lunch

starting to ride bike to and from work

occasional gigong, resistance stretching

contemporary dance - choreography (taking a break to recoup from recent relapse)

Curious, what others protocols look like in full.

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